



51. Brockenlauf

Ilseburg / 03.09.2022

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Glodek, Viola

□□: Berlin

□□: 139

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 3:02:36

□□: 8.54 km/h

□□□□: 6:58 min/km

□□□□□/□□□: 321 (of 418)

□□□□□/□: 49 (of 82)

□□□□□□: 2:03:06

□□□□□: 13(of 16)

□□□□□□□: 2:13:30

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:18	6:27	10	4:34	38	6:25	3.30	21:18	6:27	10	4:34	38	6:25	
Schlüsie	3.10	23:21	7:31	10	4:58	37	7:02	6.40	44:39	6:58	10	9:07	37	13:27	
Hermannsklippe	2.60	21:36	8:18	11	5:30	43	7:11	9.00	1:06:15	7:21	10	14:37	39	20:38	
Brocken	3.10	37:14	12:00	14	11:28	52	14:24	12.10	1:43:29	8:33	12	25:59	48	35:02	
Eiserner Handwe	3.60	21:56	6:05	11	6:37	51	6:53	15.70	2:05:25	7:59	13	32:36	50	41:55	
Schlüsie	4.10	20:49	5:04	11	6:44	49	6:53	19.80	2:26:14	7:23	13	39:20	49	47:53	
Loddenke	3.10	17:34	5:39	11	4:07	48	5:50	22.90	2:43:48	7:09	10	31:19	42	50:45	
Ilseburg/Markt	3.30	18:48	5:41	9	3:41	41	5:44	26.20	3:02:36	6:58	13	49:06	49	59:30	